



CANCERcare[®]
Help and Hope

FREE PROFESSIONAL SUPPORT SERVICES

CancerCare helps individuals, families, caregivers and the bereaved cope with the emotional and practical challenges of cancer. Our services include case management counseling, support groups, educational workshops, publications and financial assistance. All of our services are provided by master's-prepared oncology social workers and are offered completely free of charge. To learn more, visit www.cancercare.org.

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Young Adult Virtual Mindfulness & Acupressure to Manage Anxiety While Navigating a Cancer Diagnosis

Thursday, January 28, 2021

Are you a Young Adult affected by cancer? Are you seeking more information about the impact of cancer, survivorship or quality of life?

CancerCare is hosting a series of educational workshops for Young Adults affected by cancer. These workshops will provide information pertaining to relevant topics such as: fertility preservation, dating & relationships, survivorship, nutrition & exercise, communicating with your medical team, returning to work/disclosing in the workplace and many others!

Our next workshop will be led by Ryan Smith, a licensed acupuncturist, with experience working at some of the world's leading cancer centers, including the Perlmutter Cancer Center at NYU Langone Medical Center where he spearheaded the Oncology Acupuncture Externship Program. **The topic of this workshop will be: Wellness & Acupressure to Manage Anxiety While Navigating a Cancer Diagnosis.** Come join us to learn about how you can use wellness and specific acupressure techniques to manage anxiety.

TIME

5:30 p.m. - 7:00 p.m.

LOCATION

This virtual workshop will be held using Zoom; you can also call into the workshop.

FOR MORE INFORMATION OR TO REGISTER, CONTACT

our Hopeline at 800-813-HOPE (4673) or contact our Young Adult Program Coordinator, Marlee Kiel, LMSW, at 212-712-8029 or mkiel@cancercare.org.

This program is free, but pre-registration is required.